

# NEVADA STATE BOARD OF ATHLETIC TRAINERS (NSBAT) AGENDA AND NOTICE OF PUBLIC MEETING

---

**DATE & TIME:** February 27, 2026 @ 3:30 p.m.

**Virtual Meeting Access via Zoom:**

<https://us06web.zoom.us/j/8975068640?pwd=ckhJYStrbi9wWk5BbXdKQXITMnVCZz09>

Meeting ID: **897 506 8640**

Passcode: **640B**

---

One tap mobile

+16699006833,,8975068640#,,,,\*022359# US (San Jose)

+17193594580,,8975068640#,,,,\*022359# US

---

Dial by your location

• +1 669 900 6833 US (San Jose)

• +1 719 359 4580 US

• +1 253 205 0468 US

• +1 253 215 8782 US (Tacoma)

• +1 346 248 7799 US (Houston)

• +1 669 444 9171 US

• +1 305 224 1968 US

• +1 309 205 3325 US

• +1 312 626 6799 US (Chicago)

• +1 360 209 5623 US

• +1 386 347 5053 US

• +1 507 473 4847 US

• +1 564 217 2000 US

• +1 646 931 3860 US

• +1 689 278 1000 US

• +1 929 436 2866 US (New York)

• +1 301 715 8592 US (Washington DC)

Meeting ID: 897 506 8640

Passcode: 022359

Find your local number:

<https://us06web.zoom.us/j/8975068640?pwd=ckhJYStrbi9wWk5BbXdKQXITMnVCZz09>

The Board is pleased to invite individuals of the public to participate remotely using Zoom. To learn more about Zoom, go to <https://zoom.us/>. On the scheduled day and time of the meeting, visit the Zoom website and click “Join a Meeting.” You will be prompted to enter your name, along with the Meeting ID and Meeting Passcode above. Attendees on Zoom wishing to speak during public comment must raise their hand through the Zoom platform to be called upon by the Chair.

---

*PLEASE NOTE: The Board may take items out of order, combine items for consideration, and items may be pulled or removed from the agenda at any time. Public comment will be taken at the beginning and end of the meeting. The public may provide comment on any matter within the Board's jurisdiction and/or authority, whether or not that matter is a specific topic on the agenda. However, prior to the commencement and conclusion of a contested case or quasi-judicial proceeding that may affect the due process rights of an individual, the Board may refuse to consider public comment on that item. (NRS 233B.126) Public comment that is willfully disruptive is prohibited, and individuals who willfully disrupt the meeting may be removed from the meeting. (NRS 241.030(5)(b)) The Board may convene in closed session to consider the character, alleged misconduct, professional competence or physical or mental health of a person (NRS 241.030). Once all items on the agenda are completed, the meeting will adjourn.*

## AGENDA

1. Call meeting to order and introduction of members to determine the presence of a quorum.

2. Public comment.

*NOTE: Public comment is welcomed by the Board and may be limited to three minutes per person at the discretion of the Chair of the Board. Public comment will be allowed at the beginning and end of the meeting, as noted on the agenda. The Chair of the Board may allow additional time to be given a speaker as time allows and at their sole discretion. Comments will not be restricted based on viewpoint. No action may be taken upon a matter raised under this item of the agenda until the matter itself has been specifically included on an agenda as an item upon which action may be taken (NRS 241.020)*

3. Discussion regarding athletic trainer workforce shortages in Nevada and SB 80 (2023) implementation issues, including appropriate utilization of licensed athletic trainers in secondary schools and potential strategies to support school districts in meeting statutory requirements. **(Discussion)**
4. Review and discussion of Louisiana’s program incentivizing athletic trainers to accept positions in rural areas, and consideration of whether similar approaches may be feasible in Nevada. **(Discussion)**
5. Review and discussion of Attorney General opinion concerning massage therapy, the definition of “stretching services”, and its application to the practice of athletic training in Nevada. **(Discussion)**
6. Review and discuss dry needling applications, including supporting documentation submitted by licensed athletic trainers, and possible approval of applicants who meet the statutory requirements. **(For Possible Action)**
7. Discussion of the dual-credentialed Board member vacancy and possible nomination of qualified individuals. **(For Possible Action)**
8. Review and discussion of assigning Board members as Authorized Representatives on the Wells Fargo banking account for enhanced internal controls. **(For Possible Action)**
9. Review and discussion of 2026 renewal reminder procedures, including consideration of discontinuing printed postcards and transitioning to email-only reminders. **(For Possible Action)**
10. Public comment

*NOTE: Public comment is welcomed by the Board and may be limited to three minutes per person at the discretion of the Chair of the Board. Public comment will be allowed at the beginning and end of the meeting, as noted on the agenda. The Chair of the Board may allow additional time to be given a speaker as time allows and at their sole discretion. Comments will not be restricted based on viewpoint. No action may be taken upon a matter raised under this item of the agenda until the matter itself has been specifically included on an agenda as an item upon which action may be taken (NRS 241.020)*

11. Adjournment. **(For Possible Action)**

Pursuant to NRS 241.030 the board may close the meeting to consider the character, misconduct, competence, or health of a person.

Items on the agenda may be taken out of order; items may be combined for consideration by the public body; and items may be pulled or removed from the agenda at any time.

Action by the Board on any item may be to approve, deny, amend, or table.

---

The Board may allow for public comments after each agenda item. In consideration of others, please limit your comments to no more than five (5) minutes. Prior to the commencement and conclusion of a contested case or quasi-judicial proceeding that may affect the due process rights of an individual, the Board may refuse to consider public comment. See NRS 233B.126. Public comment options may include, without limitation, telephonic or email comment. To submit public comment, contact Michelle Cothrun at (775) 787-2636 or [atrainner@nsbat.nv.gov](mailto:atrainner@nsbat.nv.gov).

---

The Board is pleased to make reasonable accommodations for members of the public who are disabled and wish to participate in the meeting. If accommodations are necessary, please contact Michelle Cothrun, Executive Secretary, at (775) 787-2636 no later than three (3) business days before the meeting. Board meeting correspondence and supporting materials for this public workshop may also be obtained by contacting Michelle Cothrun at (775) 787-2636 or [atrainner@nsbat.nv.gov](mailto:atrainner@nsbat.nv.gov) or by visiting <http://nevadaathletictrainers.nv.gov/>

---

**NOTICES FOR THIS MEETING HAVE BEEN POSTED IN ACCORDANCE WITH  
NRS 241.020, ON OR BEFORE THE THIRD WORKING DAY BEFORE THE MEETING,  
AT THE FOLLOWING LOCATIONS:**

\*State of Nevada, Department of Administration Public Notice website: <http://notice.nv.gov/>

\*The Nevada State Board of Athletic Trainer's website: <http://nevadaathletictrainers.nv.gov/>

\*The Board office at 6170 Mae Anne Avenue, Suite 1, Reno, NV 89523-4705

In addition, this notice/agenda was mailed, e-mailed or faxed to groups and individuals as requested.

# Louisiana Act 495

Louisiana has established a specific program to incentivize certified athletic trainers (ATs) to work in rural high schools to address shortages, primarily through the **Athletic Trainer Professional Development Program** created by **Act 495 of the 2022 Regular Session**. [1, 2]

## Program Details and Incentives:

- **Loan Repayment:** ATs in rural high schools can receive up to five years of loan repayment, with rates of \$6,000/year for degrees from Louisiana institutions and \$4,000/year for others.
- **Definitions & Eligibility:** Rural areas are defined as parishes with fewer than 110,000 residents. Eligible, licensed athletic trainers (LAT) must be in good standing with the state board and contracted to a school.
- **Funding & Administration:** The program, funded with \$1.5 million and administered by the Louisiana Department of Education (LDE), aims to improve recruitment and retention.

**Broader Initiatives:** Louisiana also utilizes the **Health Care Employment Reinvestment Opportunity (H.E.R.O.) Fund** to support the retention of healthcare professionals in underserved areas. [7, 8]

*All responses may include mistakes.*

[1] <https://law.justia.com/codes/louisiana/revised-statutes/title-17/rs-17-3721/>

[2] <https://www.latainc.org/LATA-ACT495>

[3] <https://www.legis.la.gov/legis/Law.aspx?d=1297569>

[4] <https://www.legis.la.gov/Legis/ViewDocument.aspx?d=1276142>

[5] <https://legis.la.gov/legis/ViewDocument.aspx?d=1288301>

[6] <https://www.latainc.org/LATA-ACT495>

[7] <https://ldh.la.gov/page/HERO>

[8] <https://ldh.la.gov/news/herofund>



AARON D. FORD  
*Attorney General*

CRAIG A. NEWBY  
*First Assistant Attorney General*

CHRISTINE JONES BRADY  
*Second Assistant Attorney General*

TERESA BENITEZ-  
THOMPSON  
*Chief of Staff*

LESLIE NINO PIRO  
*General Counsel*

HEIDI PARRY STERN  
*Solicitor General*

STATE OF NEVADA  
OFFICE OF THE ATTORNEY GENERAL

100 North Carson Street  
Carson City, Nevada 89701

October 22, 2025

OPINION NO. 2025-03

ANATOMY; BOARDS AND  
COMMISSIONS; CHIROPRACTIC;  
HEALTH; HOMEOPATHIC MEDICINE;  
LICENSES; MASSAGE THERAPY,  
BOARD OF; NAPRAPATHY; PHYSICAL  
THERAPY: Stretching services offered by individuals not licensed as massage therapists may fall within the definition of “massage therapy” under NRS 640C.060 and “structural integration” under NRS 640C.085 if they involve manual application to the muscular structure and soft tissues, or are intended to improve the functional relationship of the parts of the human body to each other within the influences of gravity. Such services require a massage therapy license under Nevada law.

Elisabeth Barnard  
Executive Director  
Nevada State Board of Massage Therapy  
1755 E. Plumb Lane  
Suite 252  
Reno, Nevada 89502

Dear Director Barnard,

Pursuant to NRS 228.150, you have requested an opinion from this office as to whether businesses offering “stretching” or “assisted stretching” (collectively, “stretching services”) to clients in a studio environment—by employees who are not otherwise licensed as massage therapists but who touch clients as they are engaging in the stretching by applying an external force to help elongate and stretch a client’s muscles as the client engages in the stretch—require a massage license. This letter addresses that question.

### QUESTION

Whether engaging in “stretching services” with clients in a studio environment—by unlicensed employees who touch clients as they are engaging in the stretching by applying an external force to help elongate and stretch a client’s muscles as the client engages in the stretch—fits within the definition of “massage therapy” in NRS 640C.060 or “structural integration” in NRS 640C.085, therefore requiring a massage license.

### SHORT ANSWER

It depends upon the specific circumstances. In Nevada, stretching services offered by individuals who are not licensed as massage therapists may fall within the definition of “massage therapy” under NRS 640C.060 and “structural integration” under NRS 640C.085, depending on how the services are provided.

### ANALYSIS

#### I. Massage Therapy in NRS 640C.060

NRS 640C.060 defines “massage therapy” as: “The application of a system of pressure to the muscular structure and soft tissues of the human body for therapeutic purpose . . . .” This includes, but is not limited to, techniques such as effleurage, petrissage, tapotement, compression, vibration, friction, and movements applied manually, with or without superficial heat, cold, water, or lubricants, for the purposes of maintaining good health and establishing and maintaining good physical condition. NRS 640C.060(1)(a)-(g).

Stretching, when performed manually and applied to the muscular structure and soft tissues, can be considered a form of “movement applied manually” as described in the statute. NRS 640C.(1)(g). Therefore, if an individual provides assisted stretching services that involve manual application to the muscles and soft tissues, these services may be classified as “massage therapy” under Nevada law. NRS 640C.060(2)(b).

#### II. Structural Integration in NRS 640C.085

NRS 640C.085 defines “structural integration” as: “The application of a system of manual therapy, movement education and embodiment education

that is intended to improve the functional relationship of the parts of the human body to each other within the influences of gravity.”

The statute specifically excludes practices such as physical therapy, chiropractic and naprapathy from this definition. NRS 640C.085(2)(a)-(c).

Stretching, when performed manually and applied to the muscular structure and soft tissues, can be considered a form of manual therapy. If the stretching services are intended to improve the “functional relationship of the parts of the human body to each other within the influences of gravity,” they may be classified as “structural integration” under Nevada law.

### III. Stretching Without Application of Pressure to Muscles or Soft Tissue

If stretching services are offered outside the context of massage therapy, *i.e.* in a fitness or wellness setting without the application of pressure to the muscular structure and soft tissues, then a massage therapy license is not necessary. For instance, some establishments offering assisted stretching services provided by individuals who are not licensed massage therapists offer guided stretching sessions without application of pressure to the muscular structure and soft tissues. This type of service would not fall within the definition of “massage therapy” or “structural integration.”

### IV. Other Legal Considerations

The legislative history of both AB 250 in 2005, and AB 179 in 2017, reveals that the Legislature’s primary focus in enacting the statutes was enforcement against prostitution and sex trafficking problems. The Legislature also made several changes to the statutes governing the Massage Board itself, including definitions (with no mention of stretching).

Some other states have addressed this issue by specifically listing “stretching” as a massage technique. Ohio (Ohio Administrative Code 4731-1-05) and Indiana (Indiana Code 25-21.8-1-4). This approach seems to indicate that, at least in some circumstances, “stretching” can be considered a form of “massage therapy”.

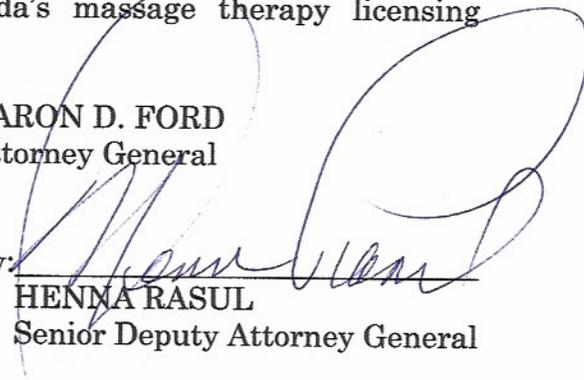
## CONCLUSION

As discussed above, stretching services offered by individuals not licensed as massage therapists may fall within the definition of “massage therapy” under NRS 640C.060 and “structural integration” under NRS

640C.085 if they involve manual application to the muscular structure and soft tissues, or are intended to improve the functional relationship of the parts of the human body to each other within the influences of gravity. Such services require a massage therapy license under Nevada law. NRS 640C.060(1)(g) and NRS 640C.085(1).

Stretching services provided by individuals who are not licensed massage therapists, however, that involve guided stretching sessions without application of pressure to the muscular structure and soft tissues would not fall within the definition of "massage therapy" or "structural integration". These services are not subject to Nevada's massage therapy licensing requirement.

AARON D. FORD  
Attorney General

By:   
HENMA RASUL  
Senior Deputy Attorney General

## Dry Needling Reviews

List of dry needling applications to be reviewed during the February 27, 2026 Board meeting:

#187 – Lewis